



National Center for Public Safety Fitness

NNNN

10 January 2007

Attention: Law Enforcement Administrators

As Director of the National Center for Public Safety Fitness at George Mason University, I invite you and your agency's training personnel to participate in our Fitness Leadership Workshop to be offered 13 - 15 March 2007. This workshop will provide your personnel with information concerning LawFit's job-validated physical abilities course and fitness tests, which have been developed for academy recruits and incumbent officers. Participating officers will have the opportunity to develop a variety of assessment skills and training strategies for planning and implementing an effective health maintenance program. Upon successful completion of this workshop participating officers will be certified as Public Safety Fitness Leaders

DCJS and I encourage you to take advantage of this opportunity to provide cutting-edge health and wellness education to law enforcement personnel throughout the Commonwealth. Enclosed you will find a copy of the workshop registration form. **Since there are limited spaces available, mail or fax your registration to me at the address below as soon as possible.** Upon receipt of your registration forms, detailed information will be sent to all participants concerning workshop materials, training gear, and directions to the workshop site.

The National Center for Public Safety Fitness and I look forward to working with you and your agency. If you have questions, please call us at (703)-993-2071.

Sincerely,

Dave Bever

Dr. David L. Bever

Director - National Center for Public Safety Fitness

P. E. Bldg. 202, MS 1F6

George Mason University

Fairfax, VA 22030

dbever@gmu.edu

fax: 703-993-2126

LawFit Fitness Leadership Workshop Schedule

DAY ONE

Instructional Session: Officer Fitness Overview

Activity Session: Health & Fitness Assessments

Instructional/Activity Session: Cardiovascular Fitness

Instructional/Activity Session: Flexibility

DAY TWO

Instructional/Activity Session: Muscular Strength & Muscular Endurance

Instructional/Activity Session: Body Composition

Instructional/Activity Session: Measurement & Evaluation Skills Testing

DAY THREE

Instructional/Activity Session: Work Performance/Pre-hire Screening

Instructional Session: Nutrition & Weight Control for Officers

Instructional Session: Prevention & Treatment of Exercise Induced Injuries

Instructional Session: Motivational & Reinforcement Strategies for Promoting Optimum Health

Graduation Ceremony for Public Safety Fitness Leaders

LawFit Fitness Leadership Workshop Registration Form

DCJS Standards and Training

* Please fill out form completely and return by: **Friday 2 March 2006**

EVENT INFORMATION

Location: George Mason University Field House --- Fairfax, VA
Dates: Tuesday, Wednesday, Thursday --- 13, 14, 15 March 2007
Registration Deadline: Friday 2 March 2007
Registration Fee: \$400.00
Checks made payable to: LAWFIT

APPLICANT INFORMATION

Participant's Name: _____ DOB: _____ Gender ☐ M ☐ F

Agency Name: _____

Agency Address: _____

Work #: _____ Cell #: _____ E-mail: _____

Do you require special accommodations under provision of the Americans with Disabilities Act? ☐ Y ☐ N
If yes, please state the nature of the accommodation required:

EXPRESSED ASSUMPTION OF RISK

I authorize that _____ has had a work-related medical examination in the past 12 months; is fit for full duty as a law enforcement officer; and is physically able to participate in the LawFit Fitness Leadership Workshop. I further recognize that the workshop's physical activities including running, jumping, bending, crawling, climbing, and weight lifting have the potential to put significant stress on the cardiovascular and musculoskeletal systems of participants.

Signature of Dept. Supervisor: _____

Print name and address of Dept. Supervisor _____

Phone Number: _____ Fax Number: _____ Email: _____

Mail this form & registration fee to:

Dr. David Bever
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